



RPSnews

Number 18
June 18th 2009

Richmond Primary School
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> **EFTPOS facilities available**
\$1.50 per transaction

June

- 19 RPS Cross Country
- 20 RPS Monster Trivia Night
- 24 Grade 3/4 Camp
-26
- 26 Term 2 ends - 2.30pm
Mid Year reports sent home

July

- 13 Term 3 starts - 9am
- 14 Parent Teacher Interviews
-16
- 22 Prep Transition Session 1
2.30 - 3.30pm
- 29 Prep Transition Session 2
2.30 - 3.30pm

3/4 Camp 24-26th June

Just a reminder that the 3/4's are going to camp next week. All students should have received a "Last Minute Reminders" note on Monday afternoon. If you have not received one, please see your child's teacher for a copy.

Please make sure that you pack warm and wet weather clothes for your child. We leave Wednesday at 9:30 so please make sure that you are at school at 8:55pm so we can get organised!

Thanks 3/4 Camp Coordinators

PMP REPORT

*What is this **PMP** that the Preps do?*

Before I started teaching at Richmond this year, I had been involved in PMP sessions at a couple of schools as a helper on short notice, but hadn't really understood what it was all about. To me (and possibly to parents who have not been trained as PMP helpers) it seemed like a speedy gym programme for the littlies. Thank goodness the other Prep teachers suggested I attend PMP training, and Megan supported the idea, before we got into the swing of it - it's a complex programme to run!

The Perceptual Motor Programme (PMP) is a carefully thought-out, graduated series of activities designed to help many different areas of children's development. Although it looks like a gym programme, its actual aim is to develop children's perceptual, movement (motor) and language abilities through physical activities. The children become totally engaged in these activities. (In fact, we sometimes need to contain the excitement that the activities generate amongst them.) And without our fabulous helpers (who do not have to be Prep parents though they currently are) the programme could not be offered at Richmond. We scheduled PMP sessions this year on Tuesday and Friday mornings, as they were the days with the most parent helpers volunteering. Helpers need to have lots of energy, as they are asked to model language use to the children all the while they are helping them with the activities.

In PMP, the children learn language by doing it. They do words that most of them do not yet fully comprehend, including words from the mathematical language of space. For example, the

children were shown pieces of PMP equipment and asked to stand between them. A little later, back in Area 1, they were given sheets with those pieces of equipment represented in line drawings and asked to draw themselves between two specific pieces of equipment. Now, when I use the word 'between', for example if I tell them that a letter goes between two others, they clearly understand the concept. Previously, most would have hesitated when I used such language. So it's a useful exercise for all the Preps, not only those whose first language is other than English.

Each session, the children take part in activities designed to assist the development of their locomotion, fitness, eye/hand/foot/coordination, balance, laterality, body rhythm, space awareness and body image and body control. While these things seem, on the surface, to be simply physical education activities - and they are - they are also more than that. For example, well developed laterality is important in academic activities such as being able to perceive and write from the left to the right side of a page. Memory skills are also an important part of PMP.

The parents who have been helping us so far this year are getting themselves organised on a roster to ensure a balanced cover of helpers, as well as 'emergency' backups. With more helpers on the roster, we may be able to schedule a little more time for each class than we are currently able. Each child would then have more time to develop and refine their skills and perceptions. Please let any of the Prep teachers know if you are willing and able to help - even if you are not a Prep parent!

Anne Macvean

Dear Parents and Carers

We say a sad farewell to Glauca whose last day will be next Thursday, as she will be returning to Brazil. We thank Glauca for her hard work, dedication and all that she has contributed to the OSHC Program. Glauca's kind and caring ways will be greatly missed and we wish her all the best in her future endeavors. Next Tuesday we will have a farewell celebration in which we will crack open the piñatas and hold a delicious feast that children will help to prepare.

School finishes on Friday 26th June at 2.30pm. Please let us know if you require a casual booking or will be collecting your child early on the day. A reminder that all accounts are due to be paid on Wednesday June 24th which will take your account into the first fortnight of Term 3.

Cheers, **Mia and the OSHC Team**

CREATING RESILIENT FAMILIES

Creating Resilient Families
with Andrew Fuller

Evening Parent Information Session - Free!
See back page of newsletter for session time & venue

In today's world, resilience and emotional intelligence are skills that can contribute more to career and life success than academic intelligence.

Clinical psychologist Andrew Fuller will discuss the active ingredients of resilience, how parents can develop these in children, building self esteem, dealing with set-backs, creating happy kids and parenting the 'click and go' generation.

Described as someone who "puts the heart back into psychology", Andrew works with many schools and communities in Australia and internationally, specialising in the wellbeing of young people and their families. He is the author of *Tricky Kids*, *Guerilla Tactics for Teachers*, *Help Your Child Succeed at School*, *Raising Real People (ACER)*, *From Surviving to Thriving (ACER)*, *Work Smarter Not Harder* and *Beating Bullies*.

Andrew has also co-authored *The Heart Masters* – a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Australia and Britain.

TRIVIA NIGHT SPONSORS

Thank you to the following companies who have sponsored this year's trivia night.



FOOD FOR THOUGHT AVOID JUNK FOOD WEEK

What we feed children can be directly linked to their behaviour. Have you ever noticed your child becoming restless, irritable and unable to concentrate after a birthday party or struggled to get them to sleep at night? Many teachers complain of the afternoon slump when the learning environment isn't as great as in the morning due to lethargic children with a decreased ability to concentrate. We really need to have a close look at what foods we offer our children. Studies have shown that sound nutrition is directly related to the day to day functioning of a child's brain because nutrition is required not only for brain growth but for brain function. The most important nutrients for brain growth and development are protein, iron, zinc and fatty acid which can be found in foods such as meat, chicken, fish, eggs, milk, cheese and yogurt. Unfortunately there currently seems to be a type of "Western malnutrition" occurring in children from well off countries such as Australia who are eating plenty of the wrong kinds of foods and subsequently do not receive enough of these nutrients required for optimal growth and development. A diet of chips, snack foods, lollies, soft drinks, cordials and convenient processed foods straight off the shelf filled with artificial colourings and additives does not provide the nutrients required for encouraging the best from our children. Here are a few suggestions on how to positively influence your child's daily nutritional intake and therefore encourage positive behaviours and optimal growth and development. Watch out for packaged and highly processed foods.

Most snack foods begin as carbohydrates and are broken down for absorption within the small intestines as simple sugars. Many packaged and highly processed foods are already in their simple sugar state and therefore are quickly absorbed and may result in a sugar hit with the following symptoms.

- Decreased attention
- Restlessness
- Aggressive behaviour
- Irritability

Avoid additives:

This usually means numbers. You can find numbers in the ingredients of most foods you buy. Here are a few problems they can cause.

621 = Monosodium glutamate or MSG can be found in corn chips, flavoured chips or snacks, flavoured noodles, savoury biscuits with pizza or chicken flavouring, some pies and sausage rolls, soups or sauces etc..

- Headaches, nausea, asthma, hyperactivity, depression, mood changes, sleeplessness.

282 = Calcium propionate – found in most breads

- Headaches, migraines, behavioural & learning problems, skin irritation, asthma and bed wetting

See www.fedupwithfoodadditives.info for detailed information

Remember - Fresh is Best!

Eat foods that are fresh and as close to their natural form as possible such as whole grain breads, fresh fruits and vegetables. They take longer to break down and therefore provide us with longer lasting energy. If we don't offer our children enough fresh food then they will have much less energy and concentration that they should have.

Sourced from www.kidzbodz.com.au

Prep

Lucas Newman for taking risks with his writing and having a go at all sorts of different words, making it more and more interesting!

GRADE

3
4

Alistair McDonald for completing lots of schoolwork during the time he was away ill and for being a great friend for Sam.

Phoebe Georgakas for putting in an excellent first two terms. She consistently produces high quality work in all subjects, never forgetting to keep a smile on her face. Keep up the great work!

GRADE

1
2

Isabelle Braun for her amazing imaginative story writing!

Jasmine Chu for being an all-round champion student! Jasmine is a great friend, always works hard and is certainly a quiet achiever!

Student of the week

GRADE

5
6

Michael Accary for creating a fantastic advertisement for his solar-powered plane.



Every week, we pose a quiz question based on the name of one of our wonderful students.

Write your answer on a piece of paper, along with your name and grade, and put it in the cream letter box in the office. **The first correct entry drawn will win a Student Pass for one hour.**

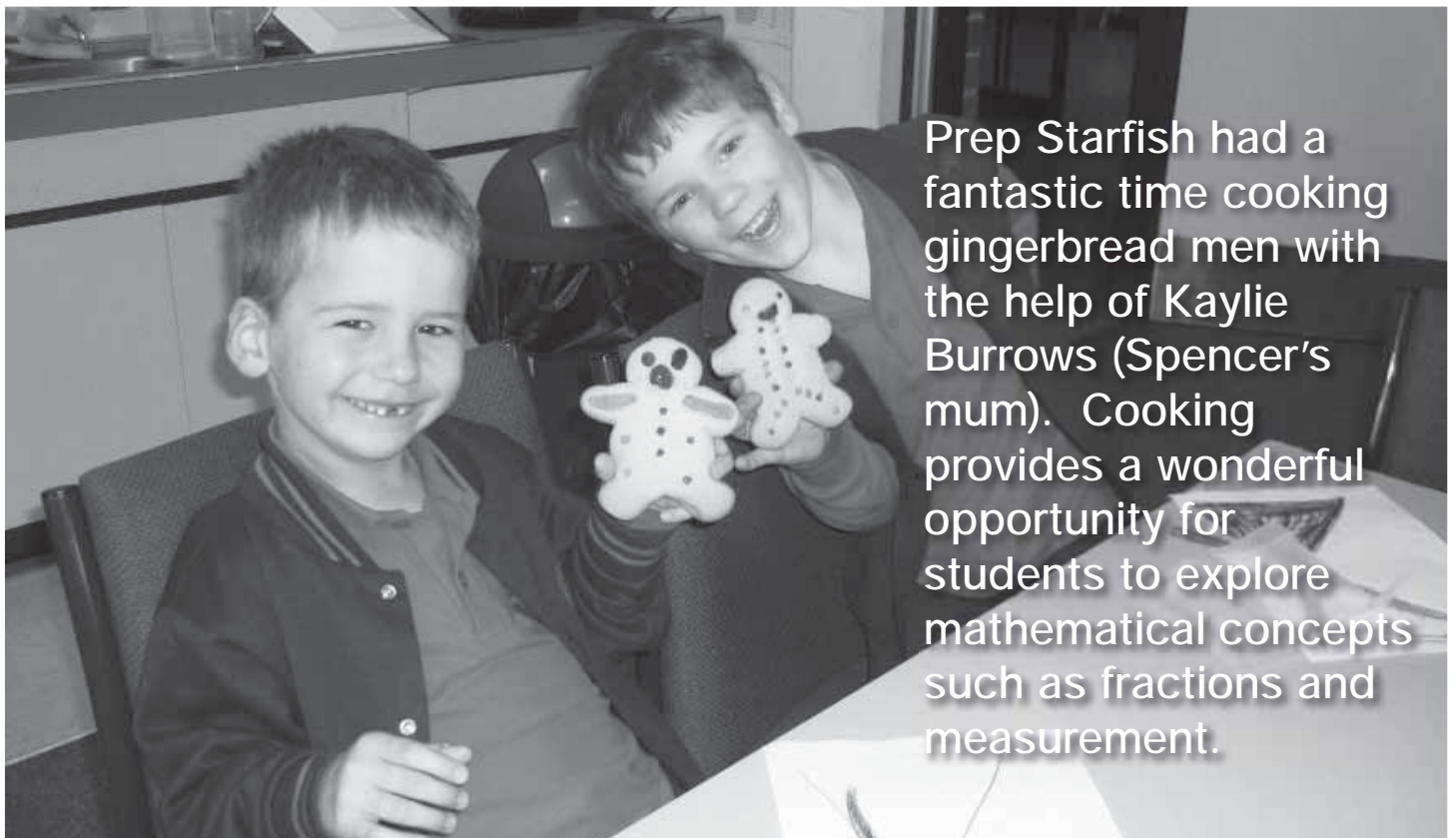
The winning entry will be drawn on Tuesday at 3.30pm.

NO WINNER... come on, get hold of a map! Same clue as last week:

Change the spelling of this Area 3 student's name, then add the first letter of their surname to the end, and you'll have the name of an Irish county.

NOTE:

- You may place **only one entry per week** in the box.
- Each player must put in their **own** entry (no joint entries)
- If you win, you are **win-binned** (disqualified) for one week, to give others a go.



Prep Starfish had a fantastic time cooking gingerbread men with the help of Kaylie Burrows (Spencer's mum). Cooking provides a wonderful opportunity for students to explore mathematical concepts such as fractions and measurement.

So You Think You Can DANCE?

Dance Dynamics Richmond studio is putting together a kids dance crew to learn jazz and hip hop moves to all the latest popular music. This crew will be an awesome way to learn how to dance and perform, work together with friends, and to have a fun time exercising!
Weekly lessons commence 1st week of term 3. Boys and girls from aged between 8-12. For further information, and to register interest, please contact Dominic at our Richmond studio on 9427 8887 or via email, dom@dancedynamics.com.au



Gyms are Boring!



FOR PARENTS - Now you can burn calories and learn killer dance moves at the same time. Dance & Fitness Sessions – Easy, convenient and awesome fun.

9am to 10pm Daily
Great Value Class Sessions & Private Tuition
Huge Variety – Salsa, Cha Cha, Samba, Hip Hop, Jive, Cardio, Ballroom, Latin, Jazz, Contemporary, Stretch and many more.
RICHMOND | MALVERN | BOXHILL

DanceDynamics

www.dancedynamics.com.au 1300 DanceD (326 233)

ANGELICO ART Clubs for Kids

Fun & creative art classes for primary school children run by artist & primary teacher Rebecca Claire. Activities include construction, painting, drawing & collage.

Where: **Burnley Neighbourhood Centre, Richmond**

Group: **Art Play 6-8 year olds**

Saturdays 9:00-10:30 \$125 per term

Group: **Art Club 9-12 year olds**

Saturdays 10:30-12:30 \$150 per term

Concessions for pension/healthcare card holders

Casual attendance welcome if places available

Bookings 0438 090 107 angelicoart@gmail.com

DO YOU NEED A BABYSITTER?

Who is responsible and reliable with your children? Then we're the girls you need! Our names are Joanna, Ming and Payshala and we're all in year 7 and 13 years old. We all live in Richmond so it is convenient for people who come to RPS. And the price per hour is up to you.

So if you are interested, please contact us on 0423700908 (Joanna), 0421237593 (Ming) and 0402644563 (Payshala).

SIDEWAYS

DIRT - ROAD - DRIFT - CRAWL - SLOT

Bring in this Ad, and receive 10% off a Family pass during these School Holidays!

Sideways brings all the fun and excitement of radio controlled cars, to a centralised indoor venue, located in Port Melbourne



Perfectly suited to School holiday fun, Corporate events and kids birthday parties!

Go head-to-head against your family and friends with our high performance radio controlled cars.

There is something for all ages and absolutely no previous experience is required!

Grand Opening - Thursday June 25th



Just call
1300 SIDEWAYS
to find out more!

Website: www.sideways.com.au Email: info@sideways.com.au

Open from 10am - 7 days - Bookings Essential
370 Plummer Street, Port Melbourne

City of Melbourne

Evening Parent Information Sessions



All sessions are held from 6.30 to 8.30pm, on the following Thursday evenings:



23 April

Kathy Walker 'What's the Hurry? Reclaiming Childhood'
The Harbour Family and Children's Centre, Docklands

4 June

Gary Dornau 'The differences between Boys & Girls'
The Yarra Room, Melbourne Town Hall

23 July

Andrew Fuller 'Creating Resilient Families'
The Supper Room, Melbourne Town Hall

10 September

Robyn Treyvaud 'Internet Health & Safety'
Blue and White Room, The Multicultural Hub (opposite Victoria Market)

15 October

Kathy Walker 'Guiding Behaviour'
The Supper Room, Melbourne Town Hall

19 November

Helen Wightman 'Start Right, Eat Right'
Lady Huntingfield Children's Centre, North Melbourne

Information sessions are free of charge.

Bookings are essential.
To book please call 9328 8953 or email ralc@melbourne.vic.gov.au



Your school community is here to help. If you have any comments, concerns or praise, please speak to your child's teacher, the principal or a School Council member

RPS News is proudly sponsored by Hocking Stuart, Richmond.

For all your real estate needs please ring Chris Murphy on 9428 8544 or 0418 344 814.

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